"Back to the basics"

Vol. 32, Issue 35 Columbus Air Force Base, Miss. August 29, 2008

## Weather



Today High: 94, Low: 68







## **News Briefs**

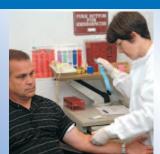
#### **Labor Day Hours**

In observance of Labor Day, the Fitness Center will be open from 10 a.m. to 6 p.m. Sept. 1. The Base Exchange will conduct normal business hours for the weekend but will be closed Sept. 1. Also, the Base Commissary will be closed Sept. 2.

#### **Blood Drive**

There will be a blood drive sponsored by the 14th Medical Group and Mississippi Blood Services today from 9 a.m. to 4 p.m. at the Services Complex. Your donations are greatly appreciated! For more information or if you would like to schedule a time, please contact 2nd Lt. Adam Irvin at 434-2123 or 2nd Lt. Janelle West at 434-2676.

### Inside



Feature

Learn about the 14th Medical Support Squadron in this weeks feature highlight.



U.S. Air Force photo by Airman Josh Harbin

Major Kiley Stinson, 14th Security Forces Squadron commander, and Lt. Col. Jason Fromm, 14th Flying Training Wing Chief of Safety would like to remind all BLAZE team members to apply risk assessment to all weekend activities to ensure a safe Labor Day weekend.

# Airman's roll call: risk management

**SAN ANTONIO** — This week's Airman's Roll Call reminds Airmen to be safe while celebrating the last long holiday weekend of the 101 critical days of summer.

This year, the Air Force has lost nearly an Airman a week to on- and off-duty fatal mishaps during this summer's 101 critical days.

The majority of these mishaps were in the traffic envi-

For Airmen to have a safe and enjoyable weekend in any environment, Airmen can access their situations using risk management. Risk management is a tool we have to assist us in fighting these safety hazards that surround us.

For more information about risk management, read this week's Airman's Roll Call.

Airman's Roll Call is designed for supervisors at all levels to help keep Airmen informed on current issues, clear up confusion, dispel rumors and provide additional face-to-face communication.

To subscribe to an e-mail version of the product, visit www.af.mil/subscribe. Airman's Roll Call is one of 30 featured Air Force products that can be received via e-mail.

#### COLUMBUS AFB TRAINING TIMELINE

#### PHASE II PHASE III Squadron Squadron Overall Track Select Squadron Class Sept. 25 37th (09-08) 5.85 day 1.56 days 41st (09-07) 3.83 days 0.08 days

#### Squadron Overall Graduation 48th (08-14) 0.49 days -0.20 days Sept. 5 50th (08-14) -3.10 days -1.42 days

	11	L	
	Senior	Squadron	
Squadron	Class	Overall	Graduation
49th (08-KB)	0.13 days	-0.56 days	Sept. 12

TFF

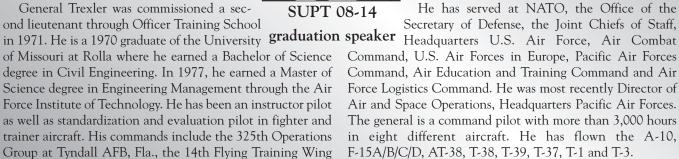
WING SORTIE BOARD						
Aircraft	Required	Flown	Annual			
T-6	2,770	2,600	26,197			
T-1	996	905	10,845			
T-38	931	781	10,531			
IFF	226	210	2,787			

Graduation speaker: The graduation speaker is retired Lt. Gen. Garry Trexler, former Deputy Commander, United Nations Command

News SILVER WINGS August 29, 2008

# CAFB welcomes Lt. Gen. Trexler

Lieutenant Gen. Garry Trexler is the former Deputy Commander, United Nations Command; Deputy Commander, U.S. Forces Korea; Commander, Air Component Command, Republic of Korea, and Commander, 7th Air Force, Pacific Air Forces, Osan AB, South Korea. He is also the U.S. representative to the Joint Committee established by the United States and Republic of Korea for the Status of Forces Agreement. General Trexler retired from active duty





SUPT 08-14

Command, U.S. Air Forces in Europe, Pacific Air Forces Command, Air Education and Training Command and Air Force Logistics Command. He was most recently Director of Air and Space Operations, Headquarters Pacific Air Forces. The general is a command pilot with more than 3,000 hours in eight different aircraft. He has flown the A-10, F-15A/B/C/D, AT-38, T-38, T-39, T-37, T-1 and T-3.

Operations Center.

at Columbus AFB, Miss., and the 12th Flying

Training Wing at Randolph AFB, Texas. The

general planned and executed air strikes as the

Deputy Commander, 5th Allied Tactical Air

Forces in NATO's southern region while sta-

tioned at Dal Molin AB, Vicenza, Italy, during

Operation Allied Force, where he served as

Combined Forces Deputy Air Component

Commander operating out of the Combined Air

a mix of operational, joint and combined duties.

He has served at NATO, the Office of the

Secretary of Defense, the Joint Chiefs of Staff,

General Trexler's staff assignments have been

## **SILVER WINGS**

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Mr. Rick Johnson Public Affairs Chief

2nd Lt. George Fowler Chief of Internal Information

> Airman Josh Harbin Editor

Mrs. Michelle Lee Layout Designer

#### **Submission Deadline**

The deadline for submitting copy for next week's SILVER WINGS is noon Monday. Articles may be dropped off at the public affairs office or e-mailed.

Published by the Commercial Dispatch Publishing Company, Inc., a private firm in no way connected with the U.S. Air Force, under exclusive written contract with the 14th Flying Training Wing.

This commercial enterprise Air Force newspaper is an authorized publication for members of the U.S. military

Contents of the SILVER WINGS are not necessarily the official views of, or endorsed by, the U.S. government, the Department of Defense or the Department of the Air

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Editorial content is edited, prepared and provided by the 14th Flying Training Wing Public Affairs Office of Columbus AFB, Miss.

The SILVER WINGS staff reserves the right to edit or rewrite all copy submitted when necessary. All photos are U.S. Air Force photos unless otherwise stated.

Submit all advertising to the Columbus, Miss., Commercial Dispatch advertising department one week prior to desired publication date. The advertising department can be reached at (662) 328-2427.

# Final preparations for base ESOH Compliance and Management Program Audit

14th Civil Engineer **Environmental Flight** 

Only two weeks remain until the HQ Air Education and Training Command Environment, Safety and

## **14TH** FLYING TRAINING WING DEPLOYED

As of press time, 35 BLAZE TEAM members are deployed worldwide. Remember to support the Airmen and their families while they are away.



Occupational Health Compliance Audit team arrives at Columbus AFB!

Many organizations call the Environmental Flight in the weeks prior to the ESO-HCAMP and request shop inspections or assistance in their work areas. We are always glad to provide assistance, but ESOHCAMP assessments, like Operational Readiness Inspections, are a recurring requirement and need continuous management throughout the year to ensure program success. Here are some things you can do to "polish" up your program and help ensure your organization passes with flying colors!

-Ensure all hazardous materials are stored correctly and in an approved cabinet.

-Check your material safety data sheets-ensure you have the correct manufacturer!

-Do not store paper or cardboard in your flammable storage cabinet.

-Do not store flammable materials outside of the flammable locker when not in

- Check all chemicals for compatibility—some chemicals require physical separa-

-Keep all hazardous material/waste containers closed when unattended.

-Ensure all hazardous material/waste containers are properly labeled.

-Check your personal protective equipment for durability/wear.

-Review all appointment letters and plans to ensure vou have the most recent version.

-Check storage areas for spent fluorescent bulbs—these should stored in a closed and labeled container.

If you have any questions or need assistance, contact the Environmental Flight at 434-7146.

# We are all recruiters



Each Air Force member is an "ambassador in blue." Each person can make a difference in someone else's decision to join the Air Force.

- ☐ Get involved in youth is authorized a permissive programs, whether in high schools or through church and community organizations. Be a role model in your communi-
- ☐ Take advantage of the Recruiter Assistance Program. Each member of the Air Force
- TDY home for up to 12 days to perform recruiting duties with the local recruiter.
- ☐ Talk with others about what the Air Force has done for you and the successes you've had because you

# Hispanic Heritage appreciation month is almost here

Tech Sgt. Kyle Scafidi 14th Medical Operations Squadron

National Hispanic Heritage appreciation month starts Sept. 15 and runs through Oct. 15. The celebration means much more than just salsa dancing and Mexican food. In fact, Sept. 15 holds historical significance as the anniversary of the 1821 declaration of independence for five Latin American countries. A week-long observation period was first enacted in 1968 by President Lyndon Johnson and later expanded to a 30-day celebration by President Ronald Regan in 1988, giving us the opportunity to learn about the rich culture.

National Hispanic Heritage month promotes diversity by encouraging you to celebrate the contributions of the Hispanic culture regardless of your background. This year's theme is the perfect example; "Getting Involved: Our Families, Our Community, Our Nation." The false notion of "you should be Hispanic to participate" couldn't be farther from the truth. This is a 30-day window to introduce this nation to the proud heritage of the Hispanic community.

The 14th Flying Training Wing Hispanic Heritage committee meets every Thursday at 2 p.m. at the Chapel Annex. If you are interested in assisting with the food sampling pot luck luncheon or would like more information on any of the events, please contact Chaplain Logan at 434-2500, Tech. Sgt. Kyle Scafidi at 434-2211, Tech. Sgt. Iris Catala-Cotto at 434-2781 or Ms. Lisa Quintero at 434-2504.

This year's schedule of events is:

#### Chapel Annex

Hispanic Heritage Food Sampling

Pot luck Participation Sept. 15 from 11 a.m. to 1 p.m.

#### Youth Center

Mexican Bingo

Every Monday at 4:30 p.m.

#### Child Development Center

Story Time

Mondays and Fridays at 10:30 a.m.

#### Youth Center

Essay contest recognizing a Hispanic figure Submission deadline Oct. 3

#### Child Development Center

Piñata for the kids

Oct. 10

# TMO tips for household goods

**Transportation Management Office** 14th Force Support Squadron

If your household goods are delivered directly to your new residence by the driver, you need to make sure the driver informs JPPSO-SAT they are at your residence ready to deliver your HHG. JPPSO-SAT needs the new delivery address and the weight of the HHG's. This is extremely important if you performed a Personally Procured or DITY move. We can't process your DITY until the weight of your contracted HHG shipment is in JPPSO-SAT computer system.

Remember, the carrier is still required to unpack any boxes you want unpacked, reassemble items they disassembled at origin, provide a onetime placement of large items and take away empty boxes/packing materials on the day of delivery. Be sure the driver leaves copies of DD Form 1840, Joint Statement of Loss and Damages, and if you have any damage or missing property, you need to log it on the 1840 before you and the driver sign it.

#### Group Voter Representatives

Wing Staff Agencies: Maj. JayCee Stennis x2496 Medical Group: 1st Lt. William Sherman x2380 Mission Support Group: 2nd Lt. Steven Lewis

Operations Group: Maj. Ervin Powers x7522

# Rescue aide



U.S. Air Force photo by Master Sgt. Keith Brown

1st Lt. Brough McDonald preflights an HH-60 Pave Hawk before his aircrew begins its shift on alert Aug. 13 at Kandahar Air Base, Afahanistan, Lieutenant McDonald is a rescue pilot for the 305th Expeditionary Rescue Squadron from Davis-Mothan Air Force Base, Ariz.

# Security Forces and Safety team up for DUI crackdown campaign

Tech. Sgt David DeRamus 14th Security

Forces Sauadron

Wing Safety and Security Forces are teaming up to raise awareness of the National Highway Traffic Safety Administration (NHTSA) Over the Limit, Under Arrest campaign in an effort to crack down on individuals driving under the influence. The campaign runs from Aug. 15 through Labor Day,

Security Forces, in conjunction with state and local law enforcement, are out in force during this holiday period. You will see posters on entrances to facilities, mass e-mails with public service announcements and more news articles. Cops are

on the beat as a visible deterrent.

In addition to the base showing a higher interest in a reduction of DUIs, local and state law enforcement will be manning DUI checkpoints. If you haven't noticed, there are more police on the road than usual. So if you're thinking about getting behind the wheel after a few beers at your favorite watering hole, think again. The sign outside the main gate says it all: you may not get hurt, but you WILL get caught.

So call a buddy, call you supervisor, First Sergeant, call a cab or even find a designated driver. Whatever you do, make sure you have a plan BEFORE you go out for the night and stick to the plan. Be smart, arrive alive and don't drink and





# Staying prepared this hurricane season

2nd Lt. George Fowler 14th Flying Training Wing Public Affairs

Hurricanes are among the costliest and deadliest phenomenons in the world. An average of two major hurricanes strikes the United States coast line every three years.

With today's advanced technology, emergency services produce information on tropical storms which can give you enough time to prepare you, your family and your belongings to weather the storm.

A major hurricane is considered a category three or higher with minimum winds of 111 miles per hour.

According to the Mississippi Emergency Management

If a hurricane threatens your area, you should:

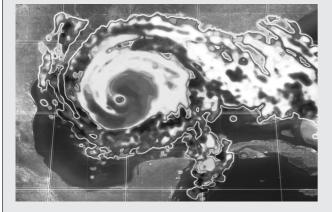
- Listen to the radio or television for information. Ensure you have a battery operated radio.
- Secure your home, close storm shutters or board up your windows, secure outdoor objects or bring them indoors. Loose items become damaging projectiles in high winds.
- Turn off utilities if instructed to do so. Otherwise, turn the refrigerator thermostat to its coldest setting and keep its doors closed.
- Turn off propane tanks. Avoid using the phone except for serious emergencies.
- Ensure a supply of water for sanitary purposes such as cleaning and flushing toilets. Fill the bathtub and other large containers with water.

You should evacuate under these conditions:

- If you are directed by local authorities to do so. Be sure to follow their instructions.
- If you live in a mobile home or temporary structure, such shelters are particularly hazardous during hurricanes no matter how well-fastened to the ground.
- If you live in a high-rise building; hurricane winds are stronger at higher elevations.
- If you live on the coast, in a floodplain, near a river or on an inland waterway.
  - If you think you are in danger.

Please take hurricane warnings seriously. It is better to be over prepared than to be wanting in a time of need. Official hurricane season runs from June 1 to Nov. 30 every year, so continue to stay alert for hurricane warnings.

The information in this article was collected from the Mississippi Emergency Management Agency, the Federal Emergency Management Agency and the National Weather Service.



# Air Force IT Conference kicks off

**Scott Knuteson** 

Air University Public Affairs

MONTGOMERY, Ala. — The Air Force Information Technology Conference kicked off Aug. 25 in Montgomery as members of the 754th Electronics System Group host the week-long seminar for approximately 5,600 government and civilian attendees.

Lt. Gen. Robert J. "Bob" Elder Jr., the 8th Air Force commander, and Robert H. Sampson, IBM's vice president of Worldwide System Sales Systems and Technology Group, gave keynote addresses from government and industry standpoints, respectively.

General Elder spoke about the importance of cyberspace as a domain, how the Air Force relates to that domain and its challenges to national security operations.

"Cyberspace is so important because it crosses other domains," General Elder said. "Cyber operations require global and theater integration across all domains."

He also emphasized how the industry plays a key role in the Air Force's use of cyberspace.

"We need help with mission assurance and attack attribution," he said.

Mr. Sampson illustrated how industry partners like IBM help the Air Force accomplish its mission in cyberspace. He spoke about the challenges and opportunities of harnessing existing capabilities and developing new ones in relation to the Air Force and the Department of Defense as a whole.

The conference, which has been hosted in Montgomery for 25 years, focuses on current and future applications of an array of technology within the Air Force. According to the conference Web site, the annual event is one of the primary means by which Air Force IT users, developers and managers stay up-to-date on the latest advancements in technology.

Other keynote speakers throughout the week include Jeff Henley, the ORACLE chairman of the board; Brig.



U.S. Air Force photo by Sarah Blake

Lt. Gen. Robert J. "Bob" Elder Jr. opens the Air Force Information Technology Conference Aug. 25 at Montgomery, Ala. General Elder is the 8th Air Force commander.

Gen. Michael J. Basla, the Command, Control, Communications and Computer Systems for the Joint Staff vice director; Ronald Poussard, the Office of Small Business Programs director in the Office of the Secretary of the Air Force; Maj. Gen. John W. Maluda, the Cyberspace Transformation and Strategy director in the Office of the Secretary of the Air Force of Warfighting Integration and Chief Information; and Brad Boston, the senior vice president for CISCO's global government solutions group.

In addition to the keynote speakers, attendees will hear from dozens of speakers in smaller seminars each day. Seminars represent both the military and commercial perspectives, as presenters from both sides showcase products, services and advancements in information technology.

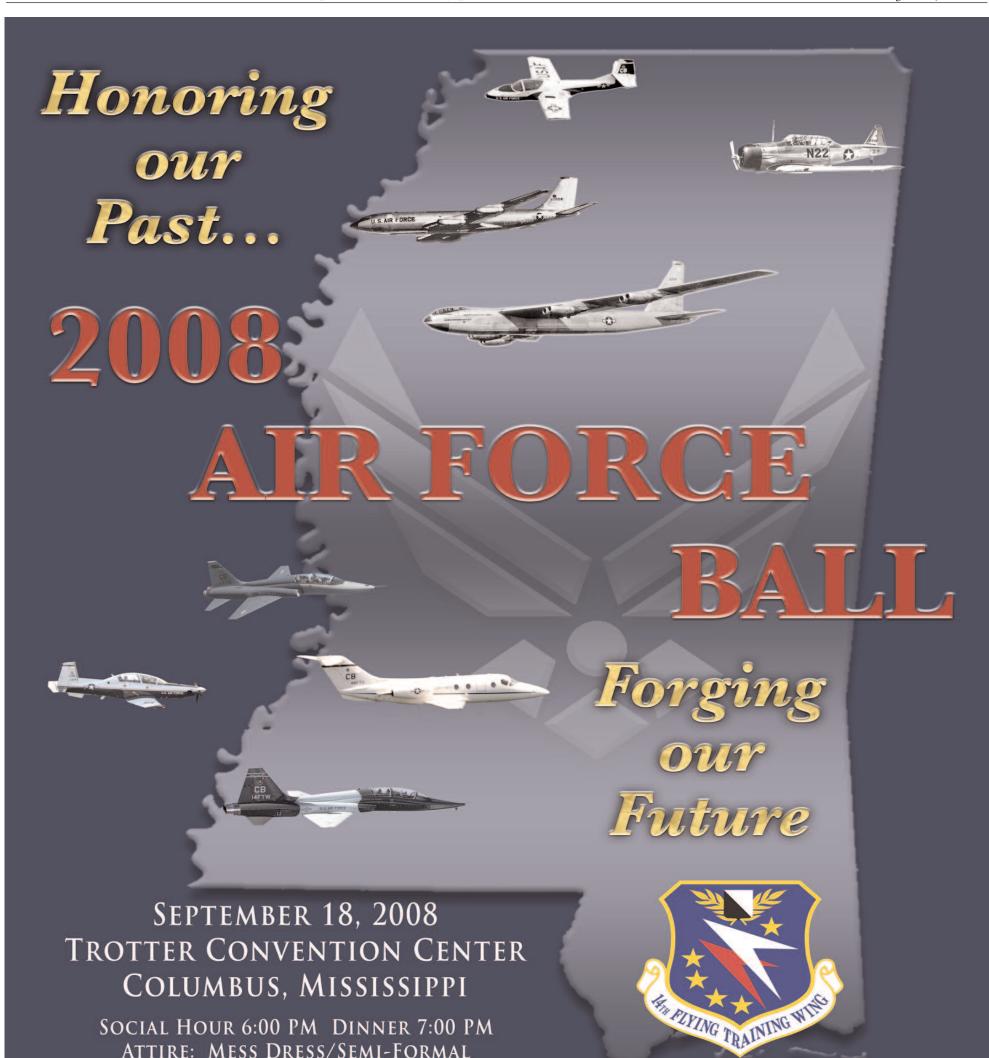
The conference also presents opportunities for military and industry leaders to mingle and learn more about many new products displayed on the 73,000-square foot vendor floor.

## **AF Ball Golf Tournament**



Ball Fundraiser Golf **Tournament** held Whispering Pines Friday. Bailey and teammates Roger Hinshaw, Julian McCrary and Mary Shows won first place honors in the tournament.

U.S. Air Force photo by Elizabeth Owens



SILVER WINGS

# staff discusses leadership goals

Tech. Sgt. Matthew McGovern Air Force News Agency

SAN ANTONIO — The Air Force chief of staff shared his vision concerning Air Force leadership and discussed his goals for the direction of the Air Force during the Air Force Sergeants Association's Professional Airmen's Conference Aug. 25 in San

Gen. Norton A. Schwartz began his speech discussing the importance of noncommissioned officer leadership to a packed ballroom of Air Force Sergeants Association mem-

"Regardless of our age, background, experience or level of education, each of us has a gut-level instinct about leadership and every one of us must be a leader," General Schwartz said. "Leadership is in each of us. It doesn't magically appear when we reach a certain point in our lives or in the chain of command. Regardless of rank and position on the team, we can inspire those around us to dream more, to learn more, to do more, to be more and to make a difference.

"The bottom line is that everyone is a leader," the general said. "Each from a unique perspective perhaps, but I'm talking about NCOs and everyone in our Air Force including their chief of staff."

General Schwartz commended the AFSA's conference theme -Total Air Force, heritage, honor, valor and vision. He spoke of his confidence in the Air Force and his vision to overcome obstacles.

"I believe it's safe to say that everyone here has worked hard, and because of that work there is no doubt which nation possesses the finest Air Force," General Schwartz said. "But as we look at our Air Force today, we know very well that we have had some recent difficulties and the plain truth is there is work to be done. There are problems to fix, challenges to meet and trust to be

The general then discussed objectives to remedy problems in today's

"As chief, it's my goal to have our



U.S. Air Force photo by Lance Cheung Gen. Norton A. Schwartz talks about his objectives to remedy problems in today's Air Force during his keynote speech at the Air Force Sergeants Association's annual Professional Airmen's Conference and International Convention Aug. 25 in San Antonio. General Schwartz is the Air Force chief of staff.

Air Force recapture top-to-bottom excellence in our nuclear mission, operations, material, weapons management and inspection," General Schwartz said. "Also, to restore credibility on Capitol Hill, reemphasize the compliance culture in the nuclear aircraft maintenance, missile maintenance, acquisition, in the medical disciplines and all of our disciplines across our Air Force."

After discussing his ambitions, the general reiterated his faith in the Air Force and offered Airmen words of encouragement.

"We can and we will do this together because we are not just Air Force blue, we are red, white and blue," he said. "We are Americans and we're going to prove that our team is worthy of the trust that the American people, the joint team, the Congress and most of all our Airmen and their families have placed on us."

# Air Force chief of AFPC expertise raises manning for 31 critical skills career fields

RANDOLPH AIR FORCE BASE, Texas — Thirty-one critical skills career fields received a boost in manning recently when 1,888 volunteers were accepted for retraining. This number included 315 exception-to-policy Airmen who were contacted for the first time and approved by personnel experts at the Air Force Personnel Center here.

Overall, the retraining program filled all seats for 96 percent of the career fields such as pararescue, inflight refueling, aerial gunner and combat control.

AFPC plans to continue to review exceptionsto-policy each year as needed, according to Chief Master Sgt. Christine Williams, enlisted skills management branch chief. Exception-to-policy Airmen included those: who wanted to retrain but were a different rank than the one targeted for retraining; not selected for the AFSC they wanted to retrain into; first-term Airmen without career job reservations who wanted to remain in the service but could not remain in their current AFSC; and others.

"We do our best to maintain and improve the health of career field manning by matching volunteers to the unique training needs while helping Airmen achieve their career goals," she said. "We envision continued success with retraining by not only relying upon volunteers, but also being able to reconsider the exceptions-to-policy."

Chief Master Sgt. Ralph Humphrey, Air Education and Training Command's functional area manager for combat control, experienced first-hand what the retraining specialists did to help his search for new combat control candidates.

"When I first took this position about four years ago, the highest number of retrainee graduates was 17 Airmen," he said. "Working with the career field manager and other command functionals, we set out to recruit more Airmen and were successful to a point; however, when I brought this to the attention of Chief Williams, that's when our efforts really took

Chief Humphrey said he expects the career field will graduate 25-30 Airmen in 2009 based on the record number of retrainees (53) entering the pro-

Explosive ordnance disposal is another career field that benefited from the AFPC retraining team. Chief Williams said the team went the extra mile to secure 55 volunteers for upcoming schools. They did this by calling previous volunteers to see if they were still interested in retraining due to the increase in quotas. Team members also reviewed the list of disqualified Airmen to see if anyone met the new criteria and then contacted them as well.

Chief Master Sgt. Robert Hodges, Air Force explosive ordnance disposal career field manager, said the 55 Airmen who volunteered to retrain into EOD are vital to maintaining a healthy career field ready to win the war on terrorism. He praised the efforts of Staff Sgt. Sara Digennaro, of the AFPC retraining office, who personally called Airmen to tell them of the additional retraining option.

"Without her actions and attention to detail, the Air Force would not have met its EOD retraining goals," Chief Hodges said. "It is that simple, she made it happen."

Sergeant Digennaro said it gave her a lot of satisfaction to match up Airmen with available retraining into jobs many have waited to get into.

"It is an awesome feeling to know I helped make a difference for the Air Force by giving these Airmen another opportunity to serve their country," she said. "My co-worker and I spent a lot of extra hours finding these volunteers, and this outcome made it more than worth the effort."

Airmen seeking to broaden their Air Force careers can find more information on retraining available 24/7 on the AFPC "Ask" Web site by selecting the Active Duty Enlisted link under AFPC Navigation, then select See All under the Retraining heading. Airmen can also call the Air Force Contact Center at (800) 616-3775.

## **Getting a lift**



Army Spc. Alexandro Saldana gets a lift from Army Staff Sgt. Jeremiah Wolf before attaching netting to 18 pallets of sleeping bags and cots bound for the Republic of Georgia Aug. 15 at Ramstein Air Base, Germany. The Soldiers are assigned to the 66th Transportation Co., 39th Transportation Battalion based at nearby Kleber Kasserne.

# Top leaders stress importance of excellence

**Senior Airman Eydie Sakura** 341st Missile Wing Public Affairs

MALMSTROM AIR FORCE BASE,

**Mont.** — Keeping the Air Force's promise to America, to the joint team and to Airmen and their families was the focus of Gen. Norton A. Schwartz, the Air Force chief of

staff, during an Aug. 22 visit to Malmstrom Air Force Base.

Acting Secretary of the Air Force Michael B. Donley and General Schwartz visited base members, and the general said his decision to visit the 341st Missile Wing was no accident.

Institutionally, he said, the Air Force has



U.S. Air Force photo by John Turner

Gen. Norton A. Schwartz addresses Airmen during an Airmen's Call Aug. 22 at Malmstrom Air Force Base, Mont. General Schwartz, the Air Force chief of staff, and Acting Secretary of the Air Force Michael B. Donley visited the base for a firsthand look at the intercontinental ballistic missile mission.

lost focus in the nuclear mission over the past 20 years.

"This business is all about precision. Perfection in this business is the standard," the general said during an Airmen's Call here.

"The reason we have buddies in this business is so the teammate can question the work and catch the mistake," he said. "This is teamwork. This is striving for perfection. This is recognizing that being the steward of the nation's most lethal weapon is a profound honor."

Airmen should never measure their worth by the proximity to the frontlines, and the people who support national defense from the homeland create the backdrop for all else that occurs, General Schwartz said.

"This is a family business and we are all important," he said. "No discipline or job is more important than the other. Whatever discipline you represent or specialty or job you may have; everyone matters. Every single one."

It is important to refocus on precision, reliability, teamwork and respect for compliance, and that all these components are vital to the intercontinental ballistic missile mission; a mission the 341st MW has provided around-the-clock since 1961, to maintain the nation's strategic deterrent capability, he said.

"We need to keep our promises," General Schwartz said. "This entails reinvigorating and reemphasizing compliance in all manner of things. There's a level of excellence that we are going to strive for. Together, that's what we must do. Everyone matters. Everyone counts and everyone's in. Send

me! Send me downrange or send me to a launch control facility. Send me ... because that is our legacy."

The mission of the 341st MW was show-cased to Secretary Donley and General Schwartz during their stay. They flew to a missile alert facility and launch control center east of the base in a UH-1N Huey helicopter. They saw the above-ground working and living conditions of the crews, as well as the control center situated below the ground and ate a meal with crewmembers who were on alert.

General Schwartz said he believes that "how you do it" is just as important as "what you do," and that this focus or work ethic has been forgotten. The on-site visit to the Malmstrom AFB missile field showed the secretary and the chief of staff all the moving parts needed to make the mission succeed.

"I think of it like brain surgery," the general said. "A surgeon would not be experimenting on such a very delicate procedure, and nuclear enterprise is one of those areas where a distinction must be made."

General Schwartz also stressed that everyone at each level of his or her career, even the youngest Airman, is a leader and each person has a responsibility to him or herself, to his or her team and to the Air Force.

"We need to remember our oath because that oath changed us," he said. "We swear an oath to the Constitution and with that, everything changes; including us. We made a solemn promise and it requires the best in each of us. And so, I consider myself unbelievably fortunate to share our service together."

# Labor officials launch 'America's Heroes at Work' Web site

Kristen Noel

American Forces Press Service

**WASHINGTON** — U.S. Labor Department officials have launched a Web site called "America's Heroes at Work" to help veterans afflicted with traumatic-brain injury and post-traumatic stress disorder succeed in the workplace.

"America's Heroes at Work really focuses on the employment challenges of our returning veterans from the war on terror, if they are living with a brain injury or living with a stress disorder," Charles S. Ciccolella, the Labor Department's assistant secretary for Veterans' Employment and Training Service, told bloggers in an Aug. 22 teleconference to discuss the new Web site.

Mr. Ciccolella said Labor Department specialists collaborated with officials from the Defense and Veterans Affairs departments to build the site. Representatives in the three agencies are working together to make veterans' transition back into the civilian workplace and their communities as smooth as possible, he said.

"We know that a number of our servicemembers are coming back with some level of brain injury, as a result of blast

injuries or successive-blast injuries, or may be coming back with stress," he said.

While not visibly debilitating, Mr. Ciccolella explained, these "silent injuries" can cause minor health problems such as headaches, vertigo, anxiety or sleep disturbances. They also can trigger cognitive issues such as memory loss or concentration problems, he said.

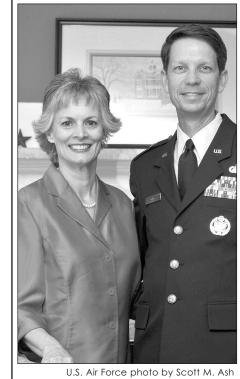
"We know it's a significant enough issue that we want to pay some serious attention to it," Mr. Ciccolella said.

America's Heroes at Work provides numerous resources to help employers integrate veterans who have suffered traumatic-brain injury or post-traumatic stress disorder into the work-place. There are many "very simple accommodations" employers can make for servicemembers with these minor ailments, Mr. Ciccolella said.

The resources offered on the Web site include fact sheets, reference guides, training tools and real-life success stories.

"Employment plays absolutely a major role in the rehabilitation of our servicemembers, regardless of the kind of injuries that they may have," Mr. Ciccolella said.

# **Contributions**



Brig. Gen. Darrell and Mrs. Holly Jones have b e e n selected to receive the 2 0 0 8 General and Mrs. Jerome O'Malley Award for their work while General Jones was the mander of the 37th Training Wing Lackland Force Base, Texas.

#### Capt. Tony Wickman **USAFE** Public Affairs

#### **ACROSS**

1. USAF Total Force component

4. -Magnon

7. Skips a meal

12. Reliable person for a

14. Bring out

15. Able to conform

16. Reporter's ID 17. Discourage

18. Japanese sash

19. Prior

23. Joint

27. Snaking letter

30. Amphibian 31. Female pal

32. Federer's org.

33. Ye \_\_\_\_ Shoppe

34. Diet target

35. Cycle or angle prefix

36. Enemy

37. Mil. overseas address

We Trust 39. In

41. A Guthrie

43. Caliph

44. Possess

45. Dock

46. Name for OSI mem-

47. US cryptologic org.

48. Editor mark

49. Recluse

50. Fink

52. Editorial

57. B-1

61. \_\_\_\_, and Cyberspace; USAF core

expertise areas

64. Wake

65. Submits

66. Current SECDEF

67. Mass. Senator Kennedy

68. \_\_\_ Moines

#### **DOWN**

1. Gen.'s assistant

2. Pest

3. Ready

4. Greek letter

5. Gun the motor

6. Mining lode

7. B-17

8. Sick

9. \_\_\_\_fi; movie genre 10. Periodic Table Sn

11. Sault \_\_\_ Marie

12. Craze

13. B-52

14. Wane

18. USAF commissioning source

20. B-18

21. Command

22. Lyrical poem

24. Engine need 25. B-23

26. Arm joints

27. Dine

28. Moving company needs

29. B-2

37. Prayer closer

38. Soft wood

40. Genetic carrier

42. Confederate general 43. Self-importance

46. Actress/model Carol

51. \_\_\_\_ We There Yet?

53. Raced

54. Rational

55. Performs

56. Affirmative

57. Fall behind

58. Notre Dame legend

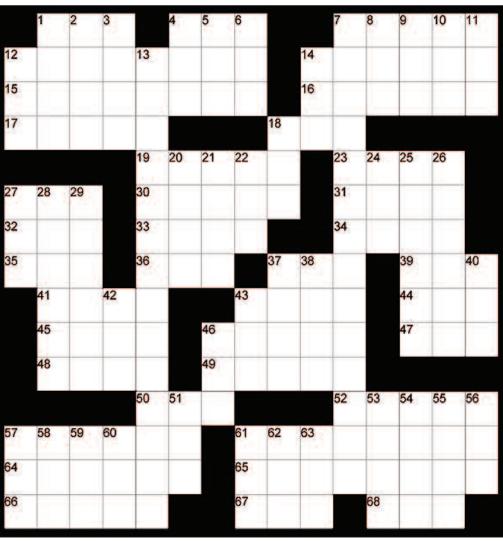
Parseghian

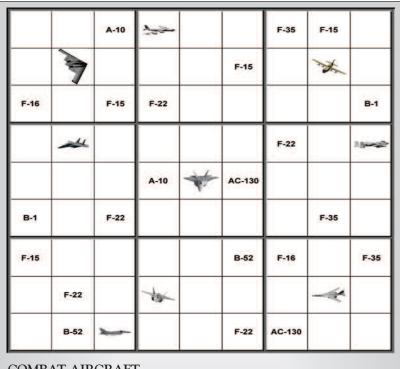
59. To be or \_\_\_\_ to be ...

60. Signal 61. Given

62. Fury

63. Sea





#### **COMBAT AIRCRAFT**

TTo solve, place a combat aircraft into each box so that each row across, each column down, and each small 9-box square within the larger diagram will contain each of the following combat aircraft: B-1, B-2, A-10, F-15, F-16, F-22, F-35, B-52 and AC-130. In other words, no plane may appear more than once in any row, column, or smaller 9-box square. Working with the planes already given as a guide, complete each diagram with the missing ranks that will lead to the correct solution.

<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thur</u>	<u>Fri</u>	<u>Sat/Sun</u>
1	2	3	4	5	6/7
Labor Day Holiday, CAFB Closed		Lunch Bunch 1100 - 1400 @ Club 09-07 Track Select 1700 @ Club	Newcomers Brief @ Phillips Auditorium	ALS Reveille 0630 @ Smith Plaza 08-14 Grad Retired Lt. Gen. Trexler, Guest Speaker	
8	9	10	United Way Day to Care Patriot Day	IFF Graduation 1649 @ 49th FTS 08-15 Assignment Night/Crud Tourney 1700 @ Club	13/14

#### **Long Term Events**

Sept. 17 - ALS Graduation 1800 @ Club Sept. 18 - Air Force Ball 1800 @ Trotter Convention Center Sept. 20 - BLAZE Race 0800 @ Fitness Center Sept. 23 - Welcome Home Celebration 1630 @ Club

Sept. 25 - Enlisted Promotions 1530 @ Club

Sept. 25 - SUPT 08-15 Gradution

FEATURE 10 SILVER WINGS August 29, 2008 SILVER WINGS 1

# 14th Medical Support Squadron



U.S. Air Force photo by Airman Josh Harbin Technical Sgt. Elizabeth Thomison, 14th Medical Support Squadron, draws blood

from Neil Ford, 14th Operational Support Squadron, in the Koritz Clinic Laboratory.

#### **Unit Mission**

The 14th Medical Support Squadron's maintenance). mission is to enhance the human weapon system by building a healthy community.

#### **Key Leaders**

Commander: Lt Col Michael Cupito First Sergeant: Master Sgt. George Evans

#### **Personnel Numbers**

25 military members 10 contracted civilians 19 civil service personnel

#### Squadron Functions

The 14th MDSS consists of the TRI-CARE Operations and Patient Administration Flight (front desk, medical records, referrals, and TRICARE management); Diagnostic and Therapeutic Flight (pharmacy and laboratory); Information Systems; Resource Management (finance and manpower); Medical Readiness; and

management, and biomedical equipment

#### **Upcoming Challenges**

The 14th MDSS is currently in the middle of a military to civilian conversion for their pharmacy and laboratory technicians. This is creating personnel shortages as their military personnel are assigned to other bases and the civilian hiring process, which can be lengthy, tries to keep up with the

#### Their Role in SUPT

The 14th MDSS manages all the business aspects of the medical group, ensuring they have the finances, medical supplies and equipment, information systems, and safe and clean facilities for all their patients and staff. Further, they provide pharmaceutical and laboratory services to approximately 7,800 beneficiaries. In doing so, they help ensure the Specialized Undergraduate Pilot Training students are medically prepared to train and Medical Logistics (medical supply, facilities become professional aviators. They also help Michael Cupito, 14th MDSS commander.



ensure the medical well-being of dependent family members for those students with families at Columbus.

#### **Senior Leader Comments**

"The 14th MDSS is proud to be a vital part of the 14th Flying Training Wing's mission. Each of our 55 members is dedicated to enhancing the human weapon system by building a healthy community," said Lt. Col.

> Airman 1st Class Joshua Soper, 14th Medical Support Squadron, analyzes a urine sample in the laboratory to check for health problems. The Koritz Clinic Laboratory

received the Air **Education** Training Command Small Laboratory of the Year award

three of

four years.



U.S. Air Force photo by Airman Josh Harbin

Technical Sgt. Jennifer Tindell, 14th Medical Support Squadron, is selecting medicine for a prescription. The Columbus AFB pharmacy fills approximately 9,000 prescriptions a month.



U.S. Air Force photo by Airman Josh Harbin

In the records room, Airman 1st Class Bridget Ramse<mark>y, 14th Medica</mark>l Support Squadron, is hard at work filing away patient records. The 14th MDSS maintain more than 15,000 individual records.



U.S. Air Force photo by Airman Josh Harbin

14th MDSS.

pital's front

desk. This

where they

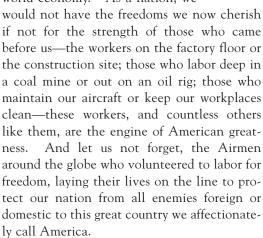
sionally.

# Staying safe this Labor Day | Twenty leadership tips

Col. Jeff Dunn 14th Flying Training Wing Vice Commander

"Everything that is really great and inspiring is created by the individual who can labor in freedom." - Albert Einstein.

This Labor Day weekend, we pause to celebrate the contributions of the American workers for their sacrifice, hard work and ingenuity which have made the United States the dominant force in the world economy. As a nation, we



The great strength of America is found here at Columbus AFB embodied in everyone who

wears the lab coat or hardhat, the flight suit or business suit, ABUs or maintenance blues or any other uniform and perform the tasks nec-

> essary to accomplish our mission producing America's best warriors, leaders and military pilots.

It is with a sense of accomplishment and pride that we should take this Labor Day weekend to reflect on the contributions made by those before us and the contributions which are made today in the pursuit of keeping our country strong, both economically and militarily.

This past year we have worked hard and overcome many challenges. You have certainly earned this Labor Day weekend. As you enjoy some well-deserved time off, please consider the following suggestions:

- 1. Give thanks to the ones you work with, work for, and who work for you, for doing the job they do;
- 2. Talk with those you are responsible for and ensure they are taking the steps necessary to minimize the risks involved in whatever activities that are planned for the weekend;
  - 3. Have fun and relax;
- 4. Return rested, refreshed and safe, ready to labor in freedom as members of the BLAZE

Col. Diane Fletcher 14th Medical Group Commander

I have had the privilege of serving in the Air Force Nurse Corps for more than 25 years. Throughout the years, I have learned a lot from peers, supervisors, Air Force leaders and a lot more from the individuals who I have supervised.

I have jotted down a few of mv favorite leadership tips.

Start off your supervision or command with the identification of your expectations and standards.

Set the bar high for everyone.

Evaluate where all your personnel are and help each of them get to where they need to be.

Make sure you support the Air Force mission and your boss.

Develop your leadership and followership skills.

Seize opportunities and make every day count.

Make sure you are taking care of your people and their families.

Set your personnel up for success.

Tell them what they need to hear. Keep in mind this might not be what they want to hear.

Respect their choices. Not everyone wants a successful Air Force

Don't waste resources, equipment, people or time.

Don't put off for tomorrow thing which can be done today.

Anything worth doing is worth doing right.

Be sure to live the Air Force core values every day.

There should not be any job or task you ask your people to do which you are not willing to do.

Treat everyone as you wish to be

Make sure that good order and dis cipline is maintained. If the behavio is inappropriate, take care in correct ing it as soon as it is noticed.

Don't wait until they have drifted so far off course that choices are made for them.

Counseling is an important tool fo you to use to change inappropriate behaviors early. Supervisors and lead ers who care – care to counsel.

Utilize all your resources and don' underestimate the expertise and knowledge of your youngest officer and enlisted force.

First strike is extremely effective The first person to call you with bac news may not deliver the full truth Take the time to get the entire story before you act or implement policy.

Good luck with your leadership role! Make sure to enjoy the opportu nities and challenges which come your way.

# What you do matters

Senior Master Sgt. Richard Schlosser 386th Expeditionary Mission Support Group first sergeant

**SOUTHWEST ASIA** — Eighteen years ago as a 22year old two stripe Airman, I loaded up on a C-141 Starlifter and headed out on my first deployment. At the time none of us on that C-141 knew where we were headed, or for how long. What we did know was that a dictator called Saddam Hussein had taken over a small country called Kuwait. After a couple days in transient, we arrived at Thumrait, Oman, and Operation Desert Shield was well

Initial discussions with my co-workers on how long we would be away from home normally ranged anywhere from a couple of weeks, to a month at the longest. That would be enough time to get in place and have a strong show of force, and then Saddam's military would return to Iraq and we would head back home.

Halloween came and went. So did Thanksgiving, Christmas and even New Year's Day, but still no news came on when we would be returning home.

On Jan. 16, 1991, Operation Desert Storm started, and I now learned what it was like to serve my country during wartime. As the events unfolded, I experienced a couple of firsts in my life. I felt the hair rise on my arms and felt sorrow as I heard "Taps" played for Airmen who had been killed in battle. I put a gas mask on, not for training purposes, but for real world alarm conditions.

The efforts of the Air Force in Operation Desert Storm proved to be incredible, and highlighted the value of Airmen and importance of airpower. The United States Air Force, my career organization of choice, was decisive in the liberation of Kuwait.

As we headed back to home station, 8.5 months had passed and I realized my experiences and my views of what was important had changed forever.

Since 1990, I have had the opportunity every two to three years to deploy to the area of responsibility. With each deployment, I meet new people, learn new things and gain experiences I never would have if I had chosen a different career path. Unquestionably, each and every deployment is a new experience I'll never forget

I also recently passed the magical 20-year time in service

point, and am now eligible for retirement compensation for the rest of my life. Occasionally I'll wonder what makes me still choose to stay in. I admit, it's never been an easy thing for me to leave my family and the freedoms I have at home

I believe the reason I choose to stay now has much less to do with me, and more about what I bring to the fight and how I can affect others in a positive way. Serving as a first sergeant, I feel personally charged to help enhance people's morale and try to express gratitude for their efforts

As a fellow team member serving in all volunteer force I am compelled to thank our young Airmen for what they are doing for our country. Sometimes, a simple smile or handshake from leadership can mean the difference between an individual viewing the day favorably.

My goal now is to make people see and understand that what they are doing is extremely important -- not only important for today, but also for tomorrow. Important for not only their children, but also their grandchildren too.

Many days have passed since I wore two stripes on my sleeves. The journey has been an unbelievable adventure For all the young Airmen out there, I can assure you that what you do matters! Thank you for your dedication, you service and your commitment to a greater cause.

Visit www.columbus.af.mil to learn about Columbus AFB agencies and other important information.

#### **Base News**

#### **CAFB School Students**

Elementary, Middle and High School Students who reside ON Columbus AFB, and who desire to attend a school within the Columbus Municipal School District, must file a written petition with the Superintendant of the Lowndes County School District AND the Superintendant of the Columbus Municipal School District, requesting that he/she be transferred to the Columbus Municipal School District. The Trustees of the two districts will act upon the petition NLT their next regular Board meeting. Questions, please contact the Wing School Liaison Officer, E J Griffis at 434-2792 or via email at e.griffis@columbus.af.mil.

#### **ASIST**

There will be an ASIST (Applied Suicide Intervention Training) class at the Chapel Annex Sept. 11 and 12 from 8:30 a.m. to 4 p.m. both days. All materials will be supplied. This course is highly recommended for commanders and supervisors at any level as well as all Airmen. This class is significantly more involved than the annual requirement and actually gives individuals the tools to engage at-risk persons, to assess risk levels, and get people in contact with the help they need. ASIST has a proven track record for saving lives and is the most highly rated program of its kind. Registration is limited. Contact Chaplain Logan at the Base Chapel to register at 434-2500 or 434-2943.

#### Columbus AFB Retiree Appreciation

Columbus AFB Retiree Appreciation Day will be held Sept. 27. This is an all day event starting at the Columbus Club at 9 a.m. with activities, information displays and a luncheon with 14th Medical group commander, Col. Diane Fletcher as the featured speaker. Following the luncheon, the Base Exchange and Commissary will feature some "Retiree" Specials in their locations. Please RSVP by Sept. 10 to the Retiree Affairs Office at 434-3120 or Lt. Steven Lewis at 434-2692.

#### Financial Peace University Class

The Base Chapel will offer a Financial Peace University Class weekly Tuesday nights beginning Sept. 9 from 6 p.m. to 8 p.m. The course features DVD presentations by nationally syndicated financial advisor Dave Ramsey and will be facilitated by certified leaders. The class is open to all persons, but is specifically designed for couples who need guidance and support in making sound financial decisions for their present and future. The program is spiritu-

ally based, but is not a "Bible study". It offers a common sense approach on how to get out of debt and provide security. The program is free, but registration is required and space is limited. The program is 13 weeks. Contact Chaplain Logan at the Base Chapel to register at 434-2500 or 434-2943.

#### **Beth Moore Bible Study**

Sept. 9 at 7 p.m., the Columbus AFB Chapel will be offering the Beth Moore Bible Study, "Believing God". They will meet each Tuesday for two hours and the study will last ten weeks. Please call the chapel office to register for this class at 434-2500.

#### **School Testing**

PSAT/SAT/ACT: With the 2008-2009 school year now fully underway, questions with regard to PSAT/SAT/ACT testing abound. The testing window for this battery of tests is just around the corner. For info on the PSAT/SAT, please access the Web www.collegeboard.com. For information on the ACT, the Web site is: www.act.org. Finally, for free SAT/ACT Test Preparation Materials, access the Military HomeFront web site http://www.militaryhomefront.dod.mil/ (the link to the free materials is found under Special Offers). Direct any questions you may have to the School Liaison Office at 434-2792.

#### **Attention All Deployers**

The 14th Communications Squadron has a new system which allows you to place "free" telephone calls back home from your deployed location via DSN. You can call every day or once a week; whichever you prefer (allotted time is 3.5 hours a week). Pin numbers are required and can be picked up along with instructions from the Telephone Systems office located in Building 900, Room 9. Please call 434-2020 for additional information.

#### Saint Leo University

Saint Leo University is now offering undergraduate degree programs Columbus **AFB** Administration (Management Technology Management), Psychology and Criminal Justice. Saint Leo University programs are open to all military, dependents, civil service, contractors, retirees and local residents. Classes are offered on base and via distance learning. East Mississippi Community College graduates and CCAF students can smoothly transition into Saint Leo University degree programs. For more information, please stop by Room 120 in the Personnel Building and talk to Dew White, CAFB/Saint Leo University Center Director or call her at 434-8844.

# Airman and Family Readiness Center

(Editor's note: All activities are offered at the Airman & Family Readiness Center unless otherwise specified. For more information about any of the activities listed, call 434-2790 or email afrc@columbus.af.mil.)

#### **Pre-Deployment Brief**

There is a mandatory briefing for active duty personnel who are deploying or going on a remote tour. The brief is held every work day at 9 a.m. Spouses are welcome to attend.

#### **Post-Deployment Brief**

This mandatory briefing is for active duty personnel who are returning from deployment or a remote tour are held daily at 1:30 p.m. at the A&FRC. For more information, call 434-2790.

#### **Preseparation Counseling**

This mandatory briefing for personnel separating or retiring to be completed at least 90 days prior to separation is held daily at 8:30 a.m. May complete up to 12 months prior to separation or retirement. This briefing takes approximately 30 minutes. For more information, call 434-2839 or 434-2790.

#### Job Fair Tips

This workshop will be held Sept. 3 from 10 a.m. to 11 a.m. at the Airman and Family Readiness Center. Learn how to prepare for a job fair and be able to put your best foot forward at the forthcoming Golden Triangle Employment Expo. For more information, call the Airman and Family Readiness Center at 434-2790 or e-mail afrc@columbus.af.mil.

#### Wing Newcomers Briefing

This brief will be held at the Phillips

Auditorium Sept. 4 from 8 a.m. to 3:30 p.m. This brief is for all active duty and civilian personnel new to Columbus AFB. Spouses are encouraged to attend. For more information, call the Airman and Family Readiness Center at 434-2790 or e-mail afrc@columbus.af.mil.

#### Tap Workshop

This workshop will be held Sept. 9-11 starting at 7:45 a.m. For more information, call the Airman and Family Readiness Center at 434-2790 or e-mail afrc@columbus.af.mil.

### **Chapel Schedule**

#### **Protestant**

Sunday: 9 a.m. — Adult Sunday School 10:45 a.m. — Traditional Worship Service (Children's Church)

All are invited to a fellowship luncheon following the 10:45 a.m. service the fourth Sunday of each month

#### Catholic

Monday through Thursday 7 a.m. — Mass

Thursday 5 p.m. — Choir Practice

Sunday:

4:30 p.m. — Confession

4:30 p.m. — Choir Practice

5:30 p.m. — Mass

First Communion, Confirmation and RCIA classes are held Wednesday in conjunction with Pioneer Club.

The Catholic Parish Fellowship Dinner is held on the first Sunday of each month following the 5:30 p.m. Mass.

#### **SOLUTION FOR LAST WEEK**

(Current weeks puzzle on page 8)



АВ	A1C	SSgt	SMSgt	MSgt	CMSgt	Amn	SrA	TSgt
MSgt	Amn	SrA	TSgt	АВ	SSgt	CMSgt	A1C	SMSgt
CMSgt	TSgt		A1C		Amn	SSgt	MSgt	АВ
SSgt	MSgt	A1C	SrA	CMSgt	АВ	TSgt	SMSgt	<b>**</b>
SMSgt	SrA		SSgt	Amn	TSgt	A1C	АВ	MSgt
TSgt	АВ	Amn	MSgt	SMSgt		SrA	CMSgt	SSgt
SrA	SSgt	TSgt	АВ	A1C	SMSgt	MSgt	Amn	CMSgt
A1C	CMSgt	АВ	Amn		MSgt	SMSgt		SrA
Amn	SMSgt		CMSgt	TSgt	SrA	АВ	SSgt	A1c

# Variety of recreational choices provided to families

#### **Holiday Hours**

The following are the holiday hours for Monday. The golf course is open from 7 a.m. to dusk, the Fitness Center is open from 10 a.m. to 6 p.m., and the swimming pool is open from noon to 7 p.m. The library will also be closed Sunday. All other Force Support Squadron activities are closed Monday.

#### Pool, Pooch Party

The Independence Pool is closing out their season Tuesday with a pool and pooch party from 9 a.m. to 1 p.m. It's free!

#### Tannehill Trade Days Trip

Tuesday is the last day to register for this one-day trip to Tannehill State Park Sept. 20 which includes a mining train, creek fishing, pioneer farm, sweet shop, gristmill, cotton gin and an iron and steel museum. Cost is \$20 per person and includes transportation and one-day admission to the park. For more information, call Information, Tickets and Travel at 434-7861.

#### Memphis Motor Speedway Trip

The Information, Ticket and Travel office offers this three-day trip Sept. 26 to Sept. 28 to Memphis, Tenn. Cost is \$155 per person and includes transportation, two night's lodging (double occupancy) and transportation to the NRHRA O'Reilly Mid-South Nationals. Ticket

## Blaze Lunch Bunch

at the Columbus Club

**Every Wednesday from** 

11 a.m. to 2 p.m.

All plates come with one meat, two sides, roll or cornbread, tea or water \$5.75 for club members / \$6.75 for non-members

## This week's menu: Meat choices:

Fried Chicken, Swiss Steak & Lasagna

#### Sides:

Macaroni & Cheese, Garlic Mashed Potatoes, Steamed Rice, Turnip Greens, Corn and Tossed Salad

#### **Desserts:**

\$2.95 each Apple Pie Ala Mode, Key Lime Pie, Banana Cake packages are available at outdoor recreation. They must have at least 15 people registered by Sept. 2. A nonrefundable \$50 deposit is required when registering. For more information, call 434-7861.

#### **Crafts Classes**

The Arts and Crafts Center offers adult classes every Tuesday at 10:30 a.m., 2:30 p.m. or 5:30 p.m. Upcoming classes include making an autumn sign for your door Sept. 9, a LeRoy the Scarecrow Sept. 16, a bear cub wind chime holder Sept. 23 and a ghostie the yard decoration Sept. 30.

Their youth crafts classes are offered at 10:30 a.m., 2:30 p.m. and 4:30 p.m. every Wednesday. Classes are \$5 each and include all supplies. Upcoming classes include making a fall leaf picture holder Sept. 10, a craft stick scarecrow Sept. 17 and a felt pumpkin hanging Sept. 24.

A display of all the projects is in the lobby of the arts and crafts center. For more information, call 434-7836.

#### **New Orleans Football Trip**

The Information, Ticket and Travel office is offering a holiday weekend trip to New Orleans, La. Dec. 6 to Dec. 7 to watch the New Orleans Saints play the Atlanta Falcons. Cost is \$165 per person and includes transportation, one night's lodging (double occupancy) and ticket to the game. They must have at least 20 registered by Nov. 21. A \$50 non-refundable deposit is due by Nov. 21. For more information, call 434-7861.

#### **Spirit Night**

The Medical Groups challenges all squadrons to take the Spirit Night Trophy from them from 4-6 p.m. Sept. 11 at the Columbus Club. Free food is available for club members. For more information, call 434-2490.

#### **Archery League Meeting**

The Youth Center is hosting a meeting at 5:30 p.m. Thursday at the Services Complex. For more information, call 434-2504.

#### **Dance Classes**

Dance classes are available for various age groups at the Youth Center. Ages 2-3 meet on Thursdays from 9-9:30 a.m. and learn basic dance moves to appropriate music. Cost is \$20 per month. Ages 4-6 meet Tuesdays from 3:30-4:30 p.m. and learn basic dance, dance routines and basic choreography. Cost is \$35 per month. Ages 7-9 meet Mondays from

## **Family Fun Night**



U.S. Air Force photo by Pam Wickham

Kayleigh Muscarella and Sydney Muscarella take a pony ride during the Columbus Club's family night Monday.

4:30-5:30 p.m. and learn all types of dance and kids assist in the choreography of routines. Cost is \$35 per month. For more information, call 434-2504.

#### Bingo

The Columbus Club is offering a bingo night Sept. 22. The early bird games start at 6 p.m. with the regular games starting at 7 p.m. Club members and bonafide guests is \$15 for a bingo package and nonmembers is \$25. Over \$1,700 in cash prizes but prize payout is based on participation. Reservations and a \$125 deposit are required by Sept. 16. You must be 18 years or older to play. For more information, call 434-2489.

#### Gatlinburg Ski Trip

The Information, Tickets and Travel office offers this trip Jan. 17 to 19 but reservations must be made by Dec. 17. Cost is \$235 per person and includes transportation, two meals, chalet lodging for two nights, lift tickets and rentals or \$195 per person without rentals or \$150 per person for non-skiers. Skiing is the 17th from 3 to 10 p.m. and the 18th from 10 a.m. to 5 p.m. A \$50 non-refundable deposit is required when registering. Full payment is required no later than Jan. 10. The maximum number of people for this trip is 14. For more information, call 434-7861.

#### **Parents Night Out**

The Youth Center and Child Development Center are offering a parents night out from 6 to 11 p.m. Sept. 18. Register by Sept. 15 and a \$5 deposit is required when registering. For more information, call the Youth Center at 434-2504 or the Child Development Center at 434-2441.

#### Movie Matinee Bowl

The bowling center offers a free movie and popcorn while you bowl starting at 2 p.m. Sept. 6. Bowling is \$2 per game and shoe rental is \$1. For more information, call 434-3426.

#### Football Bowl

Watch the big game on the big screen in the bowling center while you are bowling every Sunday at 11 a.m. starting Sept. 7. There are specials on hot wings and other snack bar specials. Bowling is \$1 per game and shoe rental is \$1. For more information, call 434-3426.

#### Airline, Cruise Reservations

Check with the Information, Ticket and Travel office for booking your airline or cruise reservations. Great military rates are available. For more information, call 434-7861.

# AROUND TOWN

West Point hosts Prairie Arts Weekend: Make plans to attend the annual Prairie Arts Weekend in West Point August 29 – 30. The 13th annual Howlin' Wolf festival is held at the Civic Center, 600 6th St. The festival is held in honor of the late Chester Arthur Burnett, a longtime West Point resident and blues legend who was known internationally as The Howlin' Wolf. Gates for the blues event open at 4 p.m. Tickets are \$15 in advance or \$20 at the door. The 30th annual Prairie Arts Festival is held each Labor Day Saturday from 9 a.m. to 5 p.m. in downtown West Point. A melting pot of colorful arts and crafts, tantalizing food concessions, antiques, a large flea market and a variety of entertainment are in store for festival-goers to enjoy. Other events include a 5K run, a fine arts contest, Kidsville, antiques, crafts, gifts, food vendors, an antique car show, music stages and downtown shopping. For more information on the Prairie Arts Weekend, call 494-5121 or see www.westpointms.org.

**Summer Bash:** The second annual Summer Bash and Kid's Fishing Rodeo will be held Sept. 13 from 9 a.m. to 4 p.m. at the Lake Lowndes State Park. The rodeo is for children ages 4-12 and will be from 8 a.m. to noon. Please bring your own bait and fishing pole. There will be games and prizes for the whole family. For more information, call 328-2110.

Tennessee Williams Tribute: The Tennessee Williams Tribute and Tour of Victorian Homes will begin Sept. 4 and continue through Sept. 7. The Tennessee Williams Welcome

Center, 300 Main St. in downtown Columbus, will be headquarters for the tribute. This event will also include Broadway actor Richard Thomas starring in "A Distant Country Called Youth" and "Blanche and Beyond" Sept. 6 at the Rent auditorium in Whitfield Hall at the Mississippi University for Women. Tickets are available at the Columbus Arts Council. For more information, call 328-0222 of visit www.muw.edu/tennesseewilliams.

more information, call 328-0222 of visit www.muw.edu/tennesseewilliams.

Columbus-Lowndes County Library Volunteer: The Columbus-Lowndes County library system is looking for volunteers. The Columbus-Lowndes Public Library is comprised of a headquarters in Columbus with three branches located in Artesia, Caledonia and Crawford. The Columbus-Lowndes Public Library assumes the role of fulfilling the information needs of the residents of Lowndes County and neighboring counties in Mississippi by advocating effi-

cient, effective services and encouraging cooperation among all libraries. The Columbus-

Lowndes Public Library uses volunteers to provide the best possible library services to the

patrons of the library. Volunteers must be 18 years of age; may be required to lift; dependable,

eager to work; committed; knowledge of the Dewey Decimal System, previous library or cler-

ical work preferred, but will train the right person. To apply, Please call Meagan at 327-0807.

For more information about local area events, e-mail AFRC@columbus.af.mil or call the Airman and Family Readiness Center at 434-2790.

**S**PORTS SILVER WINGS August 29, 2008

# Diver trades swim suit for flight suit

Lt. Col. Ellen Krenke National Guard Bureau **Public Affairs** 

ARLINGTON, Va. — Like two jet fighters in formation, Justin Dumais and his younger brother, Troy, perfectly executed their turns and spins in the 2004 Summer Olympics in Athens.

As competitors in the men's synchronized three-meter springboard diving event, they were in second place going into the final round. A misstep landed them in sixth place overall.

"It was not quite what I had expected, but Athens was an awesome time," Justin said. "You have to focus on the journey."

This year, instead of diving, 1st Lt. Justin Dumais is an F-16 Fighting Falcon pilot attending the Night Systems Training Course at Luke Air Force Base, Ariz.. And his younger brother is in Beijing

"Our disappointment in 2004 has really



U.S. Air Force photo

1st Lt. Justin Dumais, a diver in the 2004 Olympics in Athens, chose to trade his diving aspirations for flying aspirations. and joined the Air Force. He has been cheering for his brother, Troy, who is completing in the 2008 Olympics in Beijing.

given him a lot of motivation to continue," Justin said about his brother. "He looks fantastic. And he should be a strong medal

Troy will be competing in the men's individual three-meter springboard diving event at the National Aquatics Center, also known as the "Water Cube."

"I went to watch him compete at the Olympic Trials, and it was definitely bittersweet," Justin said. "I certainly miss com-

Justin decided to retire after the 2004

"I got to go to the Olympics. I got to dive with my brother ... not many people get a chance to do that," he said.

"The Olympics is ... I don't want to say a once-in-a-lifetime opportunity, because people can go more than once. But it was definitely a lifelong goal."

Lieutenant Dumais devoted 20 years to diving.

"It was a great run," he said. "Not sure I was quite ready to give it up, but when my Guard unit offered me the opportunity to come to pilot training, I could not turn that down. How many folks get to fly F-16s?"

He joined the South Carolina Air National Guard's 169th Fighter Wing at McEntire Joint National Guard Base in Columbia, S.C., in 2005.

Lieutenant Dumais said his diving experience has helped in his current position as a fighter pilot.

"I spent my entire life getting ready for seven seconds of competition," he said. "That is pretty much what we do everyday here flying F-16s.

"You never know when you will be called to go do your job. Generally, it is in a split second when you need to pickle off a bomb or strafe a target. [Diving] definitely lends itself to what I'm doing now."

As the oldest of five children, all of whom have been members of U.S. national diving teams, Lieutenant Dumais attributed much of his success to the support of

"They probably sacrificed just as much as I did," he said.

He also credited his parents with helping him along in his current path as a fight-



Brothers Troy (left) and Justin Dumais were Olympic divers and medal winners Justin Dumais, now a lieutenant in the South Carolina Air National Guard, gave up his diving aspirations to become an Air Force pilot. Currently, he is an F-16 Fighting Falcon student pilot at Luke Air Force Base, Arizona.

er pilot. When Lieutenant Dumais was four, they took him to an air show at Edwards Air Force Base, Calif., where he saw the Thunderbirds perform.

"I kind of just of knew that is what I really wanted to do," he said. "But I got really sidetracked over the next 15 to 20 years."

During that time, Lieutenant Dumais attended the University of Texas, where he claimed back-to-back silver medals on the platform at the NCAA Championships. He also competed for the University of Southern California, where he was twice named the PAC-10 Male Diver of the Year.

Lieutenant Dumais, who became a member of the senior national team in 1996, competed all over the world and represented the United States at the World Cup in Sevilla, Spain, in 2002. He and his brother won a bronze medal at the 2005 World Championships in Montreal.

He placed fifth in the Olympic Trials in

"It was not making the team in 2000 — I just missed it — that made me really sit back and re-evaluate what I wanted to do

with my life," Lieutenant Dumais said. "That itch to be a fighter pilot had never gone away, so I started taking private flying lessons."

Lieutenant Dumais said he doesn't regret the time he spent pursuing his Olympic dream.

"It took me 20 years to make it to the Olympics. It's just one of those sports that generally takes a long time to get good at.

"But I stuck with it and I wound up making it to the Games. I get to fly F-16s now. This is stuff that's not easy to do. I would just say: Don't ever give up on your dream."

Lieutenant Dumais said he would like to participate in the military's World Class Athlete Program.

"It might give me a chance to dive with my brother again. I would really enjoy that," he said.

Until then, Lieutenant Dumais will continue his career in the Air National Guard

"The Olympics was fantastic, but I'm not disappointed that I gave up the opportunity to go again in 2008 to do this. I would say that this might even be better."

Many people are unaware of the Nature Trail opportunity to walk, run, bike or horseback ride along Columbus AFB's

Timberlane Nature Trail. Along the trail, various wetlands, trees and countless wildlife can be found. To reach the recreational area, follow Independence Ave. to the runway area. Signs found alongside the dirt road toward SAC Lake offer direction to the beginning of the trails. For more information, call 434-7958



The 2008 Intramural Softball Championship game will be held Sept. 3 at 7 p.m. on Field One. For more information, please call the Fitness Center at 434-2772.

## Airman's wife journey: from 'broken' body to body builder

Deborah Silliman Wolfe

56th Fighter Wing Public Affairs

LUKE AIR FORCE BASE, Ariz. — Betty Vasquez is not your typical medical assistant. She works for a dermatologist in Sun City West, Ariz., and has a unique perspective when dealing with the skin cancer cases she sees on a daily basis.

In 2005, doctors found a tumor on the cerebellum of her brain close to the brain stem, so she knows what it is like to be on the other side of the counter having to wait for results.

Her journey began when she was in Okinawa, Japan, with her husband, Tech. Sgt. Frank Hatcher, now with the 56th Civil Engineer Squadron. At that time, she decided she wanted to get in shape and hired a personal trainer.

During her first session with her trainer at the Kadena Air Base fitness center, he told her to change her diet and get rid of caffeine.

"I was drinking a pot of coffee a day but, I gave it up before I went to my next training session," she said. "I was doing bicep curls with five-pound dumbbells and my head was throbbing."

Two days later her head was still hurting so she called her primary care doctor who told her to come in for an appointment.

Three days later, Mrs. Vasquez was back to drinking coffee and her headache was gone, but she kept her appointment. Her doctor recommended an MRI, just to be on the safe side.

"And that's when they found it (the tumor)," she remembers. "It's strange. Had I not given up caffeine and decided to become a fit person, they probably wouldn't have found the tumor until it was too late."

Mrs. Vasquez got the MRI on Friday and Saturday morning, two days after her 33rd birthday, she and her husband were sitting with her doctor looking at the one-centimeter tumor that showed up on the scan.

"After that, everything happened pretty quickly," Mrs. Vasquez said. "The doctors at Okinawa sent us to Tripler Army Medical Center in Hawaii to get a second opinion."

Sergeant Hatcher, her husband of 14 years, recalled that the doctor at Tripler said he could do the surgery but his wife wouldn't come out of it the same.

"The doctor said, 'We don't think your posture will be the same, and you may be in a wheelchair,'" Sergeant Hatcher remembers.

"We said 'Well, thank you for your time, but no thank you,'" Mrs. Vasquez said. "We went back to Okinawa and met with the neurosurgeon there as a follow up."

Her doctors at Okinawa wanted to monitor the growth of the tumor, so she had to go into her neurosurgeon's office at the Navy hospital twice a month to get scanned. A few MRIs later, two more growths showed up on the film.

With that information, the Air Force put a rush on her case and transferred Sergeant Hatcher to Luke Air Force Base, which put them near her sister and the Barrow Neurological Institute of St. Joseph's Hospital and Medical Center.

"Even though they had the facilities to do the surgery in Japan, my doctor thought that it was in my best interest, considering the location of the tumor, to get treated at Barrow. They also wanted to make sure whereever I went I had a neurosurgeon, an oncologist and a hematologist just in case things went the other way," Mrs. Vasquez said.

"The Air Force absolutely took care of me, Barrow has one of the top neurosurgery departments in the country. My doctor, Dr. Nicholas Theodore, was wonderful. He reassured me that I was going to wake up and be healthy and fine."

The doctors at Barrow did a few MRI's of their own, and it turned out the two newer spots on the latest MRI were just shadows on the film, leaving them only the original tumor.

While Mrs. Vasquez was waiting for her surgery date, she found that working out at the gym was a good way to cope.

"That was the only thing I could do; everything else was out of control," she said. "The only thing I could control was my workouts."

On Sept. 21, 2005, exactly eight months after the discovery of the tumor, it was removed. Two days later, because of the shape that she was in from all of her presurgery work outs, her doctor released her from the hospital. A week later, the results came back that the tumor was benign.

The surgery put her completely out of commission for eight weeks. In the beginning of her recovery period, she had balance problems and was physically exhausted.

"My system was completely wiped out. I would get up and set the table to eat, and then fall asleep. It was exhausting," she said.

After fully recovering from her surgery, Mrs. Vasquez decided to pick up where she left off in Japan and hired a personal trainer at a local gym in June 2007. Three months later, she competed in the Organization of Competitive Bodybuilders Arizona Natural in the figure portion of the competition.

"Women who do figure aren't as muscular as bodybuilders," she said. "We still have muscle, but are still feminine. We have posing suits that are blinged out with crystals."

Mrs. Vasquez, who has competed and placed in three shows since the Arizona Natural, competes with the OCB and

National Physique Committee in the age and height categories.

"Age is more fun," she said. "But height matters more because if you place first in the NPC, you compete against other first place winners to be the overall winner. The overall winner is eligible to compete for their procard."

"I am so proud of her," Sergeant Hatcher said. "This is a girl who never stepped foot in a gym or played any sports in high school. It's a good lifestyle she has adopted. We ran the other morning and she whipped my butt!"

She doesn't plan on competing forever, but wants to continue the healthy, clean lifestyle she has been living, which includes going to the gym six days a week, two times a day.

"I do this now because I can. Before my surgery, I thought I might never be able to walk a straight line or worse, be in a wheelchair. I am lucky enough to have come through this and I thought, 'Why not? Let's jump in and see how far I can take this!'"

And how far is she going to take it?

"Betty has a type-A personality," Sergeant Hatcher said. "She is not going to quit until she gets the trophy for first place or until someone takes her off stage and says, 'Hey, grandma, you can't be up here anymore!"



Courtesy phot

Betty Vasquez, wife of Tech. Sgt. Frank Hatcher, started competing in bodybuilding contests only months after a tumor near her brain stem was removed. In 2005, doctors found the tumor during a MRI scan. Sergeant Hatcher is with the 56th Civil Engineer Squadron at Luke Air Force Base, Ariz.

## **Sports Shorts**

USAF Marathon: Education and Training Command is seeking teams for the 12th annual USAF Marathon scheduled for Sept. 20 at Wright Patterson AFB in Dayton, Ohio. Events include the marathon, wheelchair marathon, half marathon, individual 10K and team 10K. If you desire to run as a part of the AETC sponsored team submit your team/individual nominations on AF Form 303, Specialized Sports Training, to the Fitness Center. More information on the Air Force Marathon can be obtained at http://www.usafmarathon.com.

**2008 BLAZE Race:** Columbus AFB will be holding the 2008 BLAZE Race Sept. 20 at 8 a.m. The awards ceremony will be held at 9:30 a.m. The early entry fee is \$20 or \$30 on race day. Registration forms can be picked up at the Health and Wellness Center or the Fitness Center. For more information call the Fitness Center at 434-2772 or the HAWC at 434-2477.

Thursday Golf Scrambles:

Golf scrambles start every Thursday at 4:45 p.m. Cost is \$5 plus greens fees. Open to all levels of golfers. For more information, call 434-7932.

**Fitness Classes:** The Fitness Center offers fitness classes. Spin classes are Mondays, Wednesdays and Fridays beginning at 7 a.m. Cardio kick boxing classes are Mondays and Wednesdays at 5 p.m. and aerobics is offered Saturdays at 9 a.m. For more information, call the Fitness Center at 434-2772.

**Summer Lunch, Bowl Special:** Receive two free games of bowling from 11 a.m. to 2 p.m. with the purchase of a combo meal during lunch.

**Cosmic Bowling:** Cosmic bowling is every Friday and Saturday from 7 p.m. to 11 p.m. Cost is \$2 per game. The night is complete with black lights, loud music, strobe lights and bowling!